

January 2022

Carver Council on Aging

What's Inside for January

Monthly Book Club

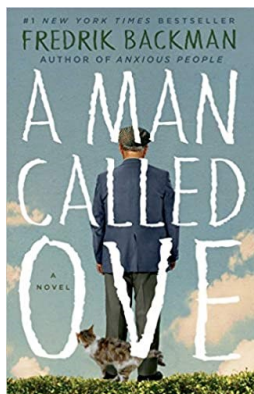
The **LAST** Monday of each month at 1:00 pm for light refreshments and book discussion.

The title selected for January is **A Man Called Ove** by Fredrik Backman.

In this charming debut from one of Sweden's most successful authors, a grumpy yet loveable man finds his solitary world turned upside down when a boisterous young family moves in next door.

Copies will be held at the front desk of the Carver Public Library starting January 4th.

Please register at 508-866-4698 x3. The Book Club Meeting will be on Monday, January 31st at 1:00 pm.



New Year's SINGO

with *Jim the DJ Guy*,

Monday, January 10th at 12:00 pm, Drop-in

Due to the observation of the New Year's Day holiday on Monday, January 3rd, SINGO will be on the 10th.

Movie Matinee Returns

Friday, January 7th at 12:30 pm

Come celebrate the New Year with this classic romantic comedy that examines the evolution of a friendship into possibly something more. Billy Crystal and Meg Ryan star in this funny yet touching movie that culminates with a surprising New Year's Eve moment, eleven years in the making!

Please register at 508-866-4698 x3.



Red Cross Preparedness (Make-Up)

Presented by Laura Rosenthal

Tuesday, January 11th at 10:00 am.

Learn survival kit essentials and make an emergency plan. Become informed about the types of emergencies to expect living in New England. **Please register 508-866-4698 x3.**



Hot Chocolate Bar

Sponsored by the Carver COA Board of Directors

Friday, January 14th at 10:00 am

Join the members of the COA Board of Directors in the Nutrition Center to enjoy a cozy hot chocolate customized with your choice of a variety of delicious add-ons.

Enter a FREE DRAWING for a Hot Chocolate Gift Basket!

Please register at 508-866-4698 x3



COUNCIL ON AGING

Monday - Thursday
9 AM-3 PM

Friday 9 AM-12PM

48 Lakeview St., South Carver
508-866-4698

COA DIRECTOR

Connie Kelly
Monday-Friday
8 AM-4 PM

508-866-4698 x3
connie.kelly@carverma.gov

BOARD OF DIRECTORS

Donna Marie Forand-Chair
Claudia Miller-Vice Chair
Helen Marrone-Secretary
Savery Moore
Elaine Raymond
Stephanie Clougherty Alt.
Paula Hitchcock Alt.

FRIENDS OF THE CARVER COA

Ron Clarke - President
Paul M Kelly -Vice President
Madeline Joyce -Treasurer
Jackie Rogerson - Secretary
508-866-4698

The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.

GATRA Dial-A-Ride

Shopping - Appointments (*any weekday*) - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

Call in advance to CANCEL a reservation.

Messages can be left after hours.

DO NOT call the drivers directly!

MASKS ARE STILL REQUIRED ON PUBLIC TRANSPORTATION

SHOPPING SCHEDULE

SUPERMARKET RUNS

Wednesdays 12:30 pm Market Basket

Thursdays 9:30 am - 1st & 3rd - Walmart / Wareham
2nd & 4th - Walmart / Plymouth

Fridays 9:30 am Shaw's

GATRA Bus FAQs

What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

How do I schedule a ride?

Call **508-866-4698 x-1** **prior to 12 pm the day before.**

IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

Town Policy of Closing Due to Weather Conditions

The Carver COA will be closed and bus services canceled if and when the Carver Schools are closed due to weather.

If schools are delayed due to weather, the COA will also follow the same delay of time in opening.

Closing and delay announcements are broadcast on WPLM radio.

LOAN CLOSET (*please call before dropping off items*)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**. *Meet with Mark at the COA monthly every 4th Thursday.*

LEGAL ADVICE AT THE COA

Attorney-At-Law Lawrence L. Hale is available for free 15 minute legal advice appointments for seniors on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3** for an appointment.

ATWOOD HOUSE NUTRITION CENTER RENTAL

The Nutrition Center is currently unavailable to rent.

FRIENDS OF THE CARVER COUNCIL ON AGING

Annual membership is \$10 which supports COA activities, events, performances and trips!

Checks can be sent to: Friends of the Carver COA, PO Box 72, Carver, MA 02330.

Thanks to all who helped make the Friends of Carver COA's **Holiday Craft Fair** a huge success! From the volunteers who decorated the COA, donated baked goods and gift baskets plus worked the day, to the Carver businesses who donated gift cards to raise funds, to Santa, Mrs. Claus and all the crafters and the shoppers who purchased their goods, **The Friends of Carver COA** **truly appreciate your support!**

SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

WEEKLY WELLNESS CLINICS

Carver EMS is providing weekly blood pressure clinics as well as monthly glucose and cholesterol screenings every Tuesday from 9:30 am -11:30 am. Drop-in.

HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

508-866-4698 x 1

OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

508-866-4698 x 2

NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

508-866-4698 x 4

Lunch weekdays at 11:30

WEEKLY ACTIVITIES

CHAIR YOGA

with Mary Wilson of Wild Divinity Yoga
Mondays, January 24th & 31st.
10:00 am. Suggested \$5 donation.
Register at 508-866-4698 x-3.

OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1:00 pm.
Call to register at 508-866-4698 x3.

ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays
at 5 pm. Register 508-866-4698 x3.

MEXICAN TRAIN DOMINOES GAME

Tuesdays at 12:00 pm. Drop-In.

RUMMIKUB

Wednesdays at 12:00 pm. Drop-In.

BINGO Every Thursday at 12:30 pm

(Arrive by 12:15 pm to buy games)

MONTHLY ACTIVITIES

COFFEE WITH THE CHIEF

Every second Tuesday at 10:30 am
meet Police Chief, Marc Duphily.

SINGO - MUSICAL BINGO

with Jim the DJ Guy usually on the first
Monday of every month - 12:00 pm.

LINE DANCING CLASS

with David & Marcia
Burbank

Friday, January 14th &
28th, 1:00 pm. **Cost: \$5**

Please register at 508-866-4698 x3.
Class size is limited



BEREAVEMENT SUPPORT GROUP

Meeting on Friday, January 28th at
10:00 am. Please register at 508-866-
4698 x3. (4th Friday monthly)

MEET & GREET WITH HEIDI

Thursday, January 20th at 11:00 am
in the Club House of South Meadow
Village. Drop-in to meet COA Outreach
Coordinator, Heidi Lufkin-Miles, to
discuss any questions or concerns you
may have.

iPAD INSTRUCTION w/ Lydia Nelson

Tuesday, January 25th at 10:00 am
Please register at 508-866-4698 x3.

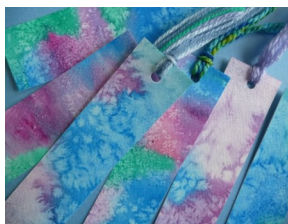
WHAT'S HAPPENING THIS MONTH

WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am

Please register 508-866-4698 x3.

Supplies may be limited.



Frosty
Watercolor
Bookmarks
1/5

Snowflake
Wreath
1/12



Painted
Snowman
Wineglass
1/19



Clay Gnome
Sculpture
1/26

EASY DIPS FOR WINTER SNACKING

with Nutritionist

Ally Littlefield

Tuesday,

January 18th

at 10:00 am

Join Ally while
she prepares
some simple and tasty
dip recipes for everyone to try.
Please register at 508-866-4698 x3.



NATURAL PAIN MANAGEMENT WITH ESSENTIAL OILS

Presented by Kjerstie Lindelof of
Heal Your Hearth

Monday, January 24th at 1:00 pm

Winter's cold causes muscles to stiffen, increasing aches and pains this time of year. In this hands-on demonstration you will learn how to blend 5 different essential oils together to make a balm for your sore muscles and joints. Learn what each oil does and how to incorporate them into your life! We will be using Sweet Marjoram, Wintergreen, Frankincense, Peppermint and Basil essential oils.

Essential Oils are not meant to cure any disease or illness and should be used as a complement to medical care and medications, not as a substitution.

Make & Take Balm Cost \$5.00

Please register at 508-866-4698 x3.

JEWELRY MAKING WITH NANCY

Thursday, January 13th at 3:00 pm.

Come create a unique beaded necklace with a magnetic clasp. Nancy Shoughrow will provide instruction and assistance through the jewelry making process. Cost \$10.

Please register at 508-866-4698 x3.

Supplies and tools may be limited.



**WATCH FOR NEWS OF OUR
NEXT BLOOM BUS TRIP IN
THE FEBRUARY NEWSLETTER!
DETAILS FOR A SPRING TRIP
ARE STILL TO COME!**

FOOD PANTRY

Shane Gives Thanks - 128 Main St.
Tues./Thurs - 8 - 1

*Wed 1 - 4

Sat/Sun/Mon - Closed

*Wed. is Veteran's Shopping Day
508-866-7673

MEALS ON THE MOVE

The COA provides prepared meals
for homebound elders.

Monday - Friday

Daily Cost: \$3.00

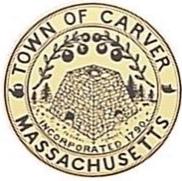
Call the Nutrition Center at
508-866-4698 x 4

SHINE PROGRAM

Health Insurance Counseling

Appointments with SHINE Counselor
Erina Marcolini are scheduled for
Wednesdays from 9:00 am -12:00 pm

Please email for an appointment
to: shine.marcolini@gmail.com
or call 508-866-4698 x3



CARVER COUNCIL ON AGING
P.O. BOX 618
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts
U.S. Postage PD
#37
Carver, MA 02330



JANUARY 2022



SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>The printing of this newsletter is supported in part by the Executive Office of Elder Affairs. To help reduce the costs of printing and mailing please consider receiving your newsletter by email! Sign up at: COANews@carverma.org.</i></p>						1 NEW YEAR'S DAY
2	3 CLOSED FOR THE NEW YEAR'S DAY HOLIDAY	4 Wellness Clinic 9:30 -11:30 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	5 Watercolor Bookmarks 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	6 Lunch 11:30 am BINGO 12:30 pm	7 Lunch 11:30 am Movie Matinee 12:30 pm	8
9	10 No Chair Yoga Lunch 11:30 am SINGO! 12:00 pm	11 Wellness Clinic Red Cross 10:00 Coffee w/ Chief 10:30 Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	12 Snowflake Wreath 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	13 Atty. Hale Appts. 10:00 am Lunch 11:30 am BINGO 12:30 pm Jewelry Making 3:00	14 Hot Chocolate Bar 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	15
16	17 CLOSED FOR MARTIN LUTHER KING JR. DAY	18 Wellness Clinic 9:30 - 11:30 am Easy Dips 10:00 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	19 Snowman Wineglass 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	20 Heidi Meet & Greet at SMV 11:00 am Lunch 11:30 am BINGO 12:30 pm	21 Lunch 11:30 am	22
23	24 Chair Yoga 10:00 am Lunch 11:30 am Natural Pain Management 1:00 pm	25 Wellness Clinic 9:30-11:30 am iPad 10:00 am Lunch 11:30 am Mexican Train 12:00 Oil Painting 1:00 pm	26 Clay Gnomes 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5:00	27 Veterans Agent Mark Pineo 10:00 - 12:00 Lunch 11:30 am BINGO 12:30 pm	28 Bereavement 10:00 am Lunch 11:30 am Line Dancing 1:00 pm	29
30	31 Chair Yoga 10:00 am Lunch 11:30 am Book Club 1:00 pm					